



# Physical Education Policy



*"Physically active children are happier and achieve higher levels of academic attainment than their less physically active peers. PE and sport are not a 'nice to have' in children's lives, and today more than ever they are essential to their physical, social and emotional development."*

Alison Oliver MBE, Chief Executive of the Youth Sports Trust

## Vision

There are many benefits to physical activity; not only do children become more physically fit, but there are proven benefits to both physical and mental health. Physical Education also helps progression in social, moral and cultural learning. We aim to help pupils understand that to be successful, not just in sport but in all areas of learning and life, you must work hard, show resilience, have determination and be prepared to practise things time and time again in order to get better and improve.

## Aims (from the National Curriculum in England)

Pupils will:

- Develop competence to excel in a broad range of physical activities.
- Be physically active for sustained periods of time.
- Engage in competitive sports and activities.
- Lead healthy and active lives.

## Teaching of PE

PE teaching is based upon the aims of the National Curriculum and follows a specifically designed curriculum and school designed progression of knowledge and skills, which enables progression from nursery to year 6. All children in Reception and Year 1 receive a minimum of 60 minutes taught and directed physical activity. From Year 2 onwards, children receive a minimum of 120 minutes taught and directed physical activity. Pupils learn by participating in lessons, as well as both intra and inter school competitions. Pupils are provided with the opportunity to study each of the 8 areas of the PE curriculum during their time in school, with a focus on swimming in Years 2, 4 and 6. This policy has been written according to the guidelines laid down in the school's Equal Opportunities Policy and is inclusive to all.

## Assessment

Teacher assessment takes place through use of questioning and observations during PE lessons.

## Monitoring and review

We monitor teaching and learning in the same way as we do all the other subjects that we teach in the school. The Governors' Curriculum and Standards Committee has the responsibility of monitoring the success of the teaching of PE.

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Governing Body signature:	